



Week 6. US Open Tennis Championships

“It’s time for tennis! The US Open is one of the four biggest tennis events in the world, bringing together the world’s best tennis players in New York City, over two weeks as the summer comes to an end. It’s going to be ace!”



Lucy Shuker
British no.1 wheelchair
tennis player and LTA
Youth Ambassador

Your challenge: **Tap-up Tennis**

There are lots of different shots to play in a tennis match – everything from a serve, volley or even a point-winning smash. But they all have one important thing in common – the ability to control the ball on the racquet. This challenge from LTA will put your hand-eye coordination and agility to the test!

What you’ll need:

- Tennis racquet or equivalent (hand, frying pan or book)
- Tennis ball or any bouncy ball
- A wall or partner



How to play:

- Stand 2-3 metres away from a wall or your partner
- Hit the ball against the wall, or have your partner throw you the ball. Try to tap the ball up so it lands in front of your shoes, let it bounce and hit it back for your partner to catch or against the wall.
- Come back to a central position facing your partner or the wall after each hit and make sure to take turns hitting the ball from both sides of your body
- Try to keep a rally going – can you reach 20 shots on both sides of your body?

Space – Increase or decrease the distance between your partner or the wall.

Task – Try bouncing the ball on your racquet more than once before hitting it back, you can also try letting the ball bounce twice before tapping it up.

Equipment – Try using different size balls.

People – You could make it more difficult by your partner playing the tap-up as well with their own racquet, or easier by taking it in turns to receive the ball and reach your rally target together.

Keys to success

Come back to a central position after each shot, so you can be ready to hit from either side of your body

Keep your eyes on the ball as you tap, bounce and hit back to your partner or the wall

When tapping up the ball and hitting it, try to make contact in front of your shoes

Energy boost

Make a square using 4 markers on the ground about 3-5 metres apart. Place one marker in the centre of the square. Start on this centre marker. When your partner shouts go, run or wheel as quickly as you can to each of the markers, tap them with your hand / shoe and return to the centre marker in between each one. See how quickly you can tap all 4 markers. Take it in turns with your partner.

Feeling inspired?

There are videos from the LTA on the Active Recovery Hub for you to try and fun activities on their website as part of their LTA Youth Tennis at Home resources.

